

Spiritual Preceptor (Adhyatmik Guru) -

Volume - 24 (Lesson - 13)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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P.O/DIST: - BOLANGIR (ODISHA), PIN - 767 001.

PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

TABLE OF CONTENTS

Section / Lesson	Contents	Page No.
Lesson 13	Spiritual Preceptor (<i>Aadhyatmik Guru</i>)	06

Lesson No. - 13

Spiritual Preceptor (*Aadhyatmik Guru*)

The twelfth lesson is "**Spiritual Preceptor or *Aadhyatmik Guru***".

Meaning: - Spiritual Preceptor or *Aadhyatmik Guru* is the Teacher on the subject of the Science of Self or *Atma Vidya* or *Brahma Vidya* or Spirituality or *Aadhyatmikata*. The Spiritual Preceptor or *Aadhyatmik Guru* is the *Shrotriya Brahmanistha Guru* which means the *Guru* who is well versed in the Holy Spiritual Scriptures as well as who Himself has attained *Moksha* or Liberation of Soul or Self-realisation or God-realisation and is established in the *Brahma* or God. Such an *Aadhyatmik Guru* is also called a "*Sadguru*".

Necessity: - We need a Teacher to learn mathematics. The Teacher in mathematics knows the theory as well as he can solve the questions or problems in mathematics. We need a Teacher to learn tailoring. A Teacher in tailoring is one who knows theoretically how to stitch a shirt from the piece of cloth and also who can practically stitch the shirt. Without a teacher, we can not learn mathematics or tailoring. Similarly, we need a Spiritual Preceptor or *Aadhyatmik Guru* who knows the paths of spirituality, i.e. Yoga and Vedanta and also who Himself has walked in the path of spirituality, practised Yoga and Vedanta and has achieved God-realisation. Without a Spiritual Preceptor or *Aadhyatmik Guru* one can not achieve success in the path of spirituality. The necessity of a Spiritual Preceptor or *Aadhyatmik Guru* in the field of spirituality can not be over emphasized, because, the path of spirituality is not an ordinary, physical, intellectual path to learn secular things but is a divine path, with transcendental matters beyond the reach of human intellect, which can not be learnt from ordinary persons who have not treaded

the spiritual path and who have not achieved success in their spiritual life. Therefore, a Spiritual Preceptor or *Aadhyatmik Guru* is absolutely necessary for everyone who wants to proceed in the spiritual path.

Importance: - The path of spirituality is not like learning mathematics or tailoring or doing any academic course. Our Holy ancient Spiritual Scriptures and our *Rishis, Munis, Saints* and *Sages* say that spiritual science is a special path in which we need the "Initiation" into a path that is most suitable to us, to be decided by the Spiritual Preceptor or *Aadhyatmik Guru*, and also his "Spiritual Instructions" for proceeding on the said path and performing *aadhyatmik sadhana* or spiritual practices. The spiritual path is said to be full of critical problems, intricacies, dangers, obstacles and pitfalls at each and every step. Therefore, the disciple needs guidance and help of the Spiritual Preceptor or *Aadhyatmik Guru* at each and every step in the path in order to overcome the difficulties, intricacies, problems, dangers, obstacles and pitfalls faced by him. Without the guidance and help of the Spiritual Preceptor or *Aadhyatmik Guru*, he is most likely to fall down in the path and can not reach the goal of Self-realisation or God-realisation. It is also stated in our Holy ancient Spiritual Scriptures that the Grace or "*Kripa*" of the Spiritual Preceptor or *Aadhyatmik Guru* is needed by the disciple in order to achieve success in the path of spirituality. Hence the importance of the Spiritual Preceptor or *Aadhyatmik Guru* on the subject of the science of Self Knowledge or *Atma Vidya* or *Brahma Vidya* or Spirituality or *Aadhyatmikata*.

Benefits: - By having our Spiritual Preceptors or *Aadhyatmik Gurus*, we can know the spiritual path correctly. We can get from our Spiritual Preceptors or *Aadhyatmik Gurus* the needed guidance and help at each and every step in the spiritual path so that we can be able to overcome the difficulties, intricacies, problems, dangers and pitfalls faced

by us while proceeding in the said path. Also we can get his grace or "*Kripa*" in our spiritual practices or *aadhyatmik sadhana* and thereby, we can achieve success in our spiritual life. That means, we can achieve the supreme goal of human life, our destination, easily, safely, surely and quickly.

Source of detailed knowledge: - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas, Upanishads, Bhagavad Gita, Patanjali Yoga Sutras, Manu Smriti, Mahabharata, Ramayana, Granth Sahib, Koran, Bible, Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis, Munis, Saints, Sages and Prophets*, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 13, volume no. 12.

Questions - 1

1. Who is a Spiritual Preceptor or *Aadhyatmik Guru* or *Sadguru* ? (Marks - 5)
2. What is the necessity of having a Spiritual Preceptor or *Aadhyatmik Guru* or *Sadguru* by human beings ?
(Marks - 5)
3. Please narrate the importance of having a Spiritual Preceptor or *Aadhyatmik Guru* or or *Sadguru* by human beings ? (Marks - 5)
4. What are the benefits of having a Spiritual Preceptor or *Aadhyatmik Guru* or *Sadguru* ? (Marks - 5)

Questions - 2

1. Why is a Spiritual Preceptor or *Aadhyatmik Guru* or *Sadguru* absolutely necessary for human beings ?
(Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

NOTE

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Click - <Advance Search>. A box of fields will appear on the screen
- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled “Students’ Awareness Programme”, is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).